

# Understanding Depression in the Elderly

## *for Home Health Aides and Home Attendants*

### Satellite Conference and Live Webcast

#### Wednesday, October 19, 2005

2:00-4:00 p.m. (Central Time)  
3:00-5:00 p.m. (Eastern) • 1:00-3:00 p.m. (Mountain) • 12:00-2:00 p.m. (Pacific)

#### **Faculty:**

**Richard E. Powers, MD**  
Medical Director  
Alabama Department of Mental  
Health/Mental Retardation;  
and  
Director  
Bureau of Geriatric Psychiatry  
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and  
Associate Professor of  
Pathology  
Division of Neuropathology  
School of Medicine  
University of Alabama at  
Birmingham

#### **Conference Details:**

Target Audience: Home Health Aides  
and Home Attendants.

Registration: [www.adph.org/alphtn](http://www.adph.org/alphtn)

Cost: There is no cost to view.

Satellite Technical Information:

This program will be a live satellite  
broadcast on both Ku & C bands. You will  
need a satellite downlink system to view  
this program.

Webcast Information: To view this live webcast, please register at [www.adph.org/alphtn](http://www.adph.org/alphtn). To view this program, you will need RealPlayer  
or Windows Media Player. This program will also be available as an on-demand webcast beginning October 21st.

Conference Materials: Posted on our website approximately one week before the program.

Questions For Faculty: If you have questions that you want addressed during the conference, you may fax or email those questions and  
a response will be given during the program. Email: [alphtnquestions@adph.state.al.us](mailto:alphtnquestions@adph.state.al.us) or Fax: 888-737-1972.

True or False:

Depression is a biological brain disorder.

Depression is a normal part of aging.

Depression is not treatable.

Not sure of the correct answers? Keep reading to learn about  
depression in the elderly and register for this informative program.

**D**epression is a biological brain disorder that occurs in 7-12% of  
all individuals over the age of 65. Recognition of depression  
in the elderly patient can be difficult. Specific symptoms, to  
include sleep disturbance, loss of appetite, lack of energy and loss of  
concentration, are usually present in addition to lowered mood. Any  
patient with unexplained weight loss should also be evaluated for  
depression. Many depressed elderly patients have increased physical  
complaints, such as persistent unexplained abdominal problems, severe  
arthritis, etc.; and depression should be considered in any elderly patient  
who "constantly whines".

Treatment is effective in 70-90% of elderly depressed patients  
with appropriate management. Untreated depression leads to higher  
medical costs and higher risk of death or disability from cardiac or cere-  
brovascular disease.

#### **Objectives:**

- Explain common causes of depression in the elderly.
- Describe warning signs for suicide in the elderly.
- Discuss treatment and outcomes for depression in the elderly.
- Outline ways to support a home care patient with depression.

If you have questions about any of these conference details, call 334-206-5618 or email [alphtn@adph.state.al.us](mailto:alphtn@adph.state.al.us)

**alabama public health training network**